



Well Powered Living: Personal Mission Assessment

My Personal Mission:

Example

My Mission: I want to live a fulfilling life where I feel energized, positive, and in good health. I want to maintain healthy relationships with friends, family and co-workers that engender trust, empowerment and respect for individuality.

My daily activities	Did this support the mission?	Why or Why not?
Hit snooze 5 times	no	Made me rush and more irritable
Skipped breakfast	no	Over ate at lunch
Greeted my co-workers in the morning	Yes	Supported good relationships
Collaborated on a project	Yes	Practiced being a good listener and encouraging others
Ate out for lunch (fast food)	No	I felt uncomfortable and sleepy after
Completed an assignment	Yes	Felt focused and accomplished
Listened to a motivational podcast while driving home	Yes	Had a positive attitude despite traffic
Cooked dinner	Yes	Self-care & healthy
Watched tv	No	Skipped workout
Went to bed late	No	I will feel sleepy in the morning



Directions: Complete the following chart to determine if your behaviors support your mission. Circle any behaviors that do not support the mission. In the next class you will start writing rituals to change these behaviors. Complete the chart for 1-3 days. See example above.

My Daily Activities	Did this support the mission? (yes or no)	Why or Why not?